

## Community Coaching Supports Building a Culture of Health

The *County Health Rankings* are based on a model of population health that emphasizes the many factors that, if improved, can support communities becoming healthier places to live, learn, work and play. Building on the work of America's Health Rankings, the University of Wisconsin Population Health Institute has used this model to rank the health of counties every year since 2003.

*County Health Rankings* measure the health of nearly all counties in the nation and rank them within states. The *Rankings* are compiled using county-level measures from a variety of national and state data sources.

Using the health rankings as a springboard, *Roadmaps to Health* community coaching provides local leaders with direct support to strengthen their capacity to build a Culture of Health in towns, cities, and neighborhoods across the United States. Community coaching is part of the [County Health Rankings & Roadmaps](#) program, a collaborative project between the Robert Wood Johnson Foundation (RWJF) and the University of Wisconsin Population Health Institute.. Thanks to the support from RWJF, **coaching is available at no cost** to communities!

The *Roadmaps to Health* Action Center provides tools and practical resources to guide communities as they build healthy places for all to live, learn, work and play. Coaches bring expertise from a variety of disciplines and experiences to support leaders in using [Action Center](#) tools and guidance to advance health. *Roadmaps to Health* coaching offers community leaders the opportunity to:

- Strengthen and/or rejuvenate multi-sector partnerships so they are better poised to advance work that builds a Culture of Health;
- Build direction, alignment, and commitment to implement and sustain specific strategies to enhance health outcomes;
- Connect with others who are building a Culture of Health;
- Learn how to access tools and guidance in the *Roadmaps to Health* Action Center, including our searchable database of more than 360 policies and programs rated on their evidence of effectiveness; and
- Deepen their understanding of health, health equity and health in all policies.

*County Health Rankings & Roadmaps*, like many organizations across the country, is working to deepen its own efforts around health equity. Healthy People 2020 defines health equity as:

*“...the attainment of the highest level of health for all people. Achieving health equity requires valuing everyone equally with focused and ongoing societal efforts to address avoidable inequalities, historical and contemporary injustices, and the elimination of health and health care disparities.”*

In November 2015, we released the [\*County Health Rankings Health Gaps Reports\*](#) to explore what is driving health differences across each state and how those health gaps can be closed. Using the Health Gaps Report and the companion discussion guide, community coaches provide teams with information to build a Culture of Health using an equity framework to close the gaps.

Coaches customize their guidance for each community based on the community's assets and goals, valuing community work already underway and engaging communities in navigating the [\*Take Action Cycle\*](#). By honoring community leaders' skills and strengthening their capacity to work together, strategize, and act, communities are better poised to advance health for all. To learn more about how coaching can support your community, please complete the simple form found at <http://www.countyhealthrankings.org/contact>.